

Lady of America
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February, 2012 Group Fitness Schedule

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www.ladyofamerica.com/dallas

Look for us on Facebook! [loafitnessforwomendallas](https://www.facebook.com/loafitnessforwomendallas)

Club Hours	Monday 5:00am-10:00pm	Tuesday 5:00am-10:00pm	Wednesday 5:00am-10:00pm	Thursday 5:00am-10:00pm	Friday 5:00am-10:00pm	Saturday 5:00am-10:00pm	Sunday 5:00pm-10:00 pm
6:00 AM	CYCLE <i>Schalan</i>		30/30 <i>Gailya</i>		30/30 <i>Gailya</i>		<i>Instructors are subject to change without notice</i> <i>Every class is modified for all fitness levels</i>
8:30AM			8:30 CYCLE <i>Galey</i>				
9:00 AM	STEP/SCULPT <i>Galey</i>	BASIC CHISEL <i>Galey</i>	ZUMBA <i>Fatima</i>	CHISEL <i>Galey</i>	KICKCAMP <i>Galey</i>	CYCLE <i>Schalan</i> CARDIO BLAST <i>Tiffany/Dana</i>	
10:00 AM	POWER YOGA <i>Dana</i>	PILATES <i>Rose</i>	YOGA <i>Julie</i>	POWER YOGA <i>Dana</i>	BUTTS/GUTS <i>Arlene</i>	ZUMBA <i>Ale</i>	
5:00 PM	CARDIO BLAST <i>LaTisha</i>	BUTTS/GUTS <i>Arlene</i>	CHISEL <i>Arlene</i>	TURBO KICK <i>Shea</i>	<p>February is <i>Heart Healthy Month!</i></p> <p>Try Our DotFit Omega 3 Only 9.95 this month only</p>		
6:00 PM	CHISEL <i>Vicky</i>	STEP <i>Tiffany</i>	ZUMBA <i>Shea</i>	BASIC YOGA <i>Vicky</i>			
7:00 PM	ZUMBA <i>Jackie</i>	YOGA <i>Mary</i>	Arms-n-Abs <i>Tiffany</i>	ZUMBA <i>Ale</i>			
<i>Child Care Hours</i>	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am Closed	8:30am—11:30am Closed	<i>Child Care Closed</i>

Zumba: A fusion of Latin & International music, creative routines using both Cardio and Interval training. Fast and slow rhythms that promise to tone and sculpt.

Chisel: Total body conditioning for strength, endurance, power and balance. This toning class uses dumbbells, barbells and various other equipment. Beginners are welcome, our instructors will teach you form and technique.

Cardio Blast A Cardio Toning class consisting of drills and interval training. Class may utilize some light weights and other various equipment.

Step n Sculpt: Your body weight against the force of gravity accented with light weights to get your heart rate up and tone your muscles.

Cycle: Stationary spin bikes that take you on a journey to extreme levels of challenge. Beginners are welcome, our instructors will help you modify your intensity...

Pilates: This class works from the inside to strengthen the core, lengthen muscle, mobilize joints and help to realign the spine to it's natural curve.

Yoga: Focusing on flexibility, balance and posture while building strength. Designed to enhance vitality and sense of well being.

Power Yoga: Powerful movement through a variety of intense poses specifically designed to greatly improve strength, flexibility and balance

Butts/Guts: An intense workout focusing on the Butt and the Gut!!

Arms-n-Abs: An intense workout focusing on the arms and the abdominals.

30/30: A half hour of intense cycling followed by a half hour of intense toning.

Cycle-Sculpt: A motivating, butt kicking class of intense light weights and cycling intervals.

Kick Camp: Cardio drills that include combinations of kickboxing, light weights and various plyo-metric moves.

Turbo Kick: Continuous kick boxing moves that really pack a kick and a punch!



Gravity ~ Your Body Weight Against The Force of Gravity. Fastest Results ~ PROVEN!

We offer sessions in the mornings, afternoons and evenings. Check with Front Desk or PT Staff for times and details.